

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in this Application:

Listing of Claims:

1. (Canceled).
2. (Canceled).
3. (Canceled).
4. (Currently amended) A process for preparing cooked rice in a package made of long grain which comprises the sequential steps of:
  - coating long grain with a solution of emulsified oil;
  - removing water from the long grain;
  - filling the long grain automatically in a heat-resisting plastic container;
  - repeating 4 to 10 times sterilization of the container filled with the long grain at 130° C-150° C for 4 to 8 seconds each time;
  - cooking the long grain with a solution of emulsified oil as a liquid for cooking; and
  - sealing and packaging the resultant cooked rice.